

Jim Stone Elementary School
Counselor's Corner
May 2018

4255 College Ave. Conway, AR
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<http://jses.conwayschools.org>



Self-Control

How do I contact Mrs. Haynes?

If you ever need me for any reason, please feel free to email, call, or stop by and make an appointment to see me.

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Self-Control

*Self-control means the ability to use self-discipline to manage your emotions and feelings or reactions.

* What does self-control look like:

- Making good choices
- Setting priorities
- Thinking of others
- Saying the right thing in an emergency
- Staying on task

* At home, it would be helpful if you discussed self-control. Here are some questions you could ask your child:

- What are some big emotions you have? How do you handle them?
- What are some ways you can show you are upset, excited, or frustrated?
- Tell me about a time you had to be patient. How did it feel?

What is going on in guidance in May?

***Classroom Guidance:**

- We will discuss the word, self-control. We will discuss what we will be talking a lot about big emotions and how to handle them. We will also talk about cooling off when we're upset and being patient when there's something we really want!
- What students will practice doing to show self-control:

○ STOP



○ THINK



○ ACT



Resources for School Success...

Conway Public School District www.conwaypublicschools.org

Jim Stone Website <http://jses.conwayschools.org> -Check out the Counselor's Corner